

MILWAUKEE COUNTY SENIOR DINING



ELKS LODGE
5555 W. GOOD HOPE ROAD

FOR CURBSIDE PICKUP 11:00 - 12:00

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div> RESERVATIONS REQUIRED  9:30 - 11:30 24-HOUR NOTICE CALL SITE 414-760-3195 </div> <div> <p>Suggested Contribution \$3.00 60+</p>  </div> <div>  Find us on Facebook </div> </div>				
 Swedish Meatballs 4 Garlic Mashed Potatoes Grilled Vegetables 7-Grain Bread Rice Krispie Treat ♥ Chilled Peaches	 Turkey à la King 5 Rice Capri Vegetables Biscuit Chocolate Pudding ♥ Fruit	 Chef's Salad 6 <i>Greens, Tomato, Cheese Julienne Ham, Turkey, Egg Croutons, Ranch Dressing</i> Split-Top Dinner Roll 🍍 Pineapple Juice Strawberry Yogurt	 Italian Sausage 7 w/Marinara Sauce Italian Vegetables Pasta Salad Crusty Roll Chilled Pears	 Seafood Alfredo 1 over Pasta Green Beans Garlic Bread Snickerdoodle Cookie ♥ Melon Wedge
 Tuna Casserole 11 Roasted Cauliflower Calico Beans Whole Grain Bread Pineapple Cake ♥ Pineapple	 BBQ Pulled Pork/Bun 12 Macaroni & Cheese Braised Cabbage 🍇 Grape Juice Brownie ♥ Apple	 Broasted Chicken 13 Broasted Potatoes Creamed Spinach Cornbread Angel Food Cake w/Berries	 Salisbury Steak 14 Gravy Mashed Potatoes Stewed Tomatoes Wheat Bread Banana	 A. Fried Fish 15 B. Baked Fish Hashbrown Casserole Creamy Coleslaw Wheat Bread Applesauce
 Chicken Fingers 18 Mashed Potatoes Gravy Succotash Multigrain Dinner Roll Mandarin Oranges	 Roast Beef/Gravy 19 Potato Roll Au Gratin Potatoes Green Beans Almondine Peanut Butter Cookie ♥ Peaches	 DINE@FIVE 20 Smothered Chicken Wild Rice Blend Brussels Sprouts Pumpkin Muffin Grapes	 Hot Ham & Cheese 21 Kaiser Roll German Potato Salad Braised Beans 🍊 Orange Juice Pineapple	 Manicotti w/Sauce 22 Sautéed Zucchini Romaine Salad/Ranch Garlic Breadstick Baker's Choice ♥ Fruit
 Grilled Burger/Bun 25 w/Mushrooms & Swiss Pickle Slices American Potato Salad 3-Bean Salad Chilled Apricots	 Smothered Pork Chop 26 Scalloped Potatoes Wisconsin Vegetables Rye Dinner Roll Blueberry Pie ♥ Fruit	 Tuna Salad/Onion Roll 27 Lettuce & Tomato Pasta Salad Sun Chips Oatmeal Raisin Cookie ♥ Fruit	 A. Supreme Pizza 28 B. Cheese Pizza Spring Salad/French Cottage Cheese Soft Breadstick Tropical Fruit Cocktail	 Crispy Chicken/Roll 29 w/Lettuce & Tomato Sweet Potato Fries Red Cabbage Slaw Carrot Sticks Fruit Fluff

MILWAUKEE COUNTY SENIOR DINING



Healthy For Good™

FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

EAT SMART ADD COLOR MOVE MORE BE WELL

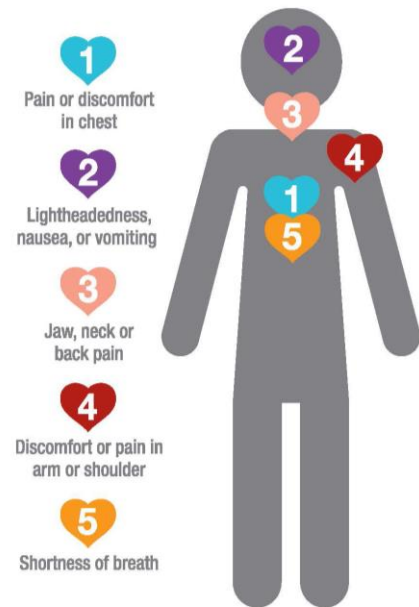
LEARN MORE AT
HEART.ORG/HEALTHYFORGOOD

©American Heart Association 2018



American Heart Association.

Common Heart Attack Warning Signs

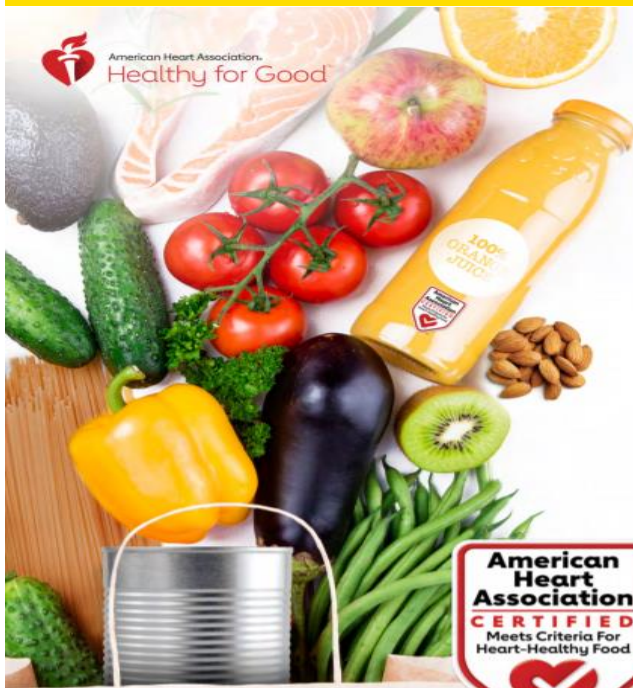


Learn more at Heart.org/HeartAttack.

©2021 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.



Healthy for Good™



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is what it takes to be Heart-Check certified*:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium:
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

LIMITED IN BAD FATS

Saturated Fat:
1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT
heartcheck.org

*All requirements listed apply to Standard Certification, see heartcheck.org/requirements

View Menus Online! county.milwaukee.gov/aging/diningmenus · Senior Dining Office: 414-289-6995